



TEN10 FITNEWS

Week 3, Sunday 13th May 2007



Welcome to our weekly news update. The format of this document will change a little to reduce the amount of emails we are sending through. From now on we will combine the weekly review and preview into one document with a few other bits of info to create a once a week newsletter. Please feel free to provide some of the content and share your thoughts...

Gold Coast Team Challenge – “Spartan Breed on the Tweed”

The Gold Coast crew was somewhat depleted last Saturday arvo with the regulars caught up in other pursuits. Ben and Donna competed in the Mothers Day Run in Brisbane, which was an excellent choice at this stage of the program. Jason surfed himself silly as the surf was the best it's been for a while. Lauren was at home working to pay the bills while Jason surfed. One man (and Brad of course) put his hand up for the “Spartan Breed on the Tweed” challenge. The Colossus of QLD banking, John “Shillo” Shillington arrived at Tweed Heads with little idea of what to expect and headed home some two hours later a changed man. Heres the story....

Shillo headed off on foot with a map of Tweed Heads and ten cents. He had to follow a course dotted on the map and find the wishing well on the top of Point Danger where he made a big hearted donation to the Air Sea Rescue. One particularly steep hill slowed him up somewhat. At the same time I paddled a surf ski up the Tweed river and met him at the boat harbour. I was to run home and Shillo was to paddle but the tricky conditions (and his XXL arse that wouldn't fit in the ski) meant he had to stay in the boat harbour while I ran up the hill and back. We changed back and I paddled the ski home while Shillo lumbered home on foot once more collapsing in the front yard muttering obscenities. A great session indeed. Shillo mustered enough energy to lift a cold Carona to his lips a few times before heading north.



A magnificent effort. Looking forward to next Sunday at Tallebudgera.

Brisbane Team Challenge – “Wellington Point Warriors”

Attendees –Mark Rockley, Cathie Rockley, Katelyn Rockley, Kath Mitchell, Jason Keough. Dean Martin, Julia Martin, Wes Wilson, Jeff Wakefield

Apologies –, Levi Maxwell, Samantha Rockley, John Currie.

It was a windy overcast afternoon that greeted the Warriors of Wellington Point on Saturday afternoon. Jeff Wakefield made his long awaited comeback and a few of the others members were out of action due to other commitments.

It was a very picturesque location and provided a great backdrop for the hard work ahead. We broke up into pairs to complete a circuit which included a 1klm loop, 4 exercise stations, a pier and set of stairs. All Challengers had to complete 3 rotations starting from different points.



Many expected the rotations to be easier than they were but soon realised that combining the exercise stations with the running can be quite taxing on the energy levels. In the end most found the program provided a good work out. Highlight of the afternoon was the combination of Wes Wilson and Jason Keough who tried to match it with the greyhound combination of Wakefield and Rockley. Julia was impressive maintaining a constant pace throughout and leaving husband Dean behind to babysit.

Congratulations to all those that attended. Our goal is to discover some new locations through Brisbane during the program as well as creating some fun exercise programs. This location hit the spot and I am sure we will return again when the weather is much better.

Run for Cancer – Mother's Day 2007



Here is the photo of Ben and I on Sunday. It was a wet day and we didn't have anyone to look after our bags so we didn't take anything with us and came straight home afterwards for a photo. Wet and all! It was raining so it was nice and cool. Around 6000 competitors in all - a record number and a lot of money raised for breast cancer research which is wonderful!! We don't know what time we did it in but I ran the whole way and that was my goal. Ben ran all of his too and felt pretty good also.

It was fun. Hope you guys had a great team challenge also.

TEAM CHALLENGE 3 SHIP WRECKED



TALLEBUDGERA CREEK

7.15am SUNDAY MAY 20

Ten 10 run kit, swim kit, change of clothes, towel, water bottle.

DON'T MISS THE BOAT!!

Something to think about....

Champion Thoughts.....

- aim High – Knowing that the quality of the goals you choose influences your character.
- live with heart – Having chosen your path, you pursue it with gusto.
- never give up – Understanding that the ability comes only through persistence.
- believe in yourself – Even when others doubt you, you have confidence in yourself.
- are positive – recognising that no good ever comes from negativity.

Champion Feeling.....

- Joy – a feeling of intense happiness
- Enthusiasm – a feeling of being fully alive and energised
- Purpose – a feeling of certainty and direction in your life
- Determination – a feeling of being fully committed to a task or goal
- Courage – a feeling of strength in face of adversity or risk
- Focus – a feeling of pinpoint concentration

- Jeffery Hodges

COUNTDOWN – 48 Days to Go!!